



# SEPTEMBER 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Mid-Shore Services:</b> Individual BF appointments are available on request for either prenatal education or follow-up after delivery. Peer Counselors and Lactation Consultant can be texted by clients between 8am & 10pm with breastfeeding questions. If phone goes to voice mail, please leave a message with the best time for a return call.			<b>Mid-Shore WIC Program:</b> (410) 479-8060 or 1-866-551-2139 (Maryland toll free)	<b>To Contact a Breastfeeding Peer Counselor near you:</b> Mara: (410) 829-8655 [Spanish] Anjolina: (410) 829-8654 Karen: (410) 829-9210 (Lactation Consultant)		
2	3 Labor Day	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24	25	26	27	28	29



# OCTOBER 2018



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	1	2	3	4	5	6 <b>Breastfeeding Class</b> UM SMC at Easton, Health Education Center 9 am - 12:30 pm To reserve your space: call 410-822-1000, ext. 5231 or 410-228-5511, ext. 5231
7	8 Columbus Day	9	10	11	12	13
14	15	16	17	18	19	20
21/28	22/29	23/30	24/31	25	26	27



# NOVEMBER 2018



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				1	2	3
4	5	6 Election Day	7	8	9	10
11	12 Veteran's Day	13	14	15	16	17
18	19	20	21	22 Thanksgiving	23 American Indian Heritage Day	24

25	26	27	28	29	30
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